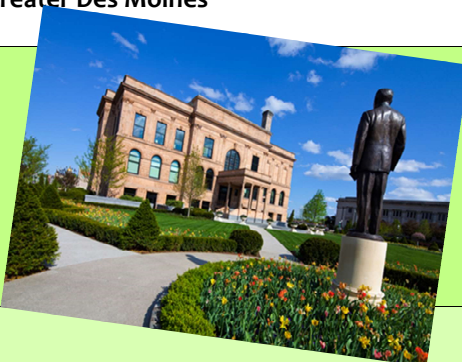




friendship force  
GREATER DES MOINES



### 2018 FFGDM Activities (dates and activities subject to change)

May 3	Cinco De Mayo Taco Bar at District 36
May 4 - 12	Host Open World Delegation from Kosovo
May 10	Kosovo Farewell Dinner, <i>page 3</i>
June 2	All-Iowa Friendship Force Picnic, <i>page 6</i>
June 13-18	Journey to FF Central Virginia, <i>page 3</i>
June 24	Club Picnic, <i>page 6</i>
July 22	Sundaes on Sunday Ice Cream Social
Aug 15 -- 20	Journey from FF Central Virginia, <i>page 3</i>
Sep 1	Community Service: Meals from the Heartland
Sep 25 - 29	Journey from FF Tauranga (NZ), <i>page 3</i>
Oct 15 – Oct 30	Journey to FF Perth (Aust) and FF Auckland North Shore (NZ), <i>page 3</i>
Nov 13	Annual Meeting
Dec 4	Happy Feet Holiday Luncheon
	<b>2019</b>
May 14 - 22	Journey to FF Ottawa
Jul 23 - 27	FFI International Conference, Boulder, CO
May to District 36 Wine Bar & Grill	

*Join us for a LEO to celebrate*



**Thursday, May 3**

**5:30 – Social / 6:00 Dinner**

**District 36 Wine Bar & Grill**

1375 SW Vintage Pkwy  
Ankeny, IA 50023

\$17.25 per person (all inclusive)

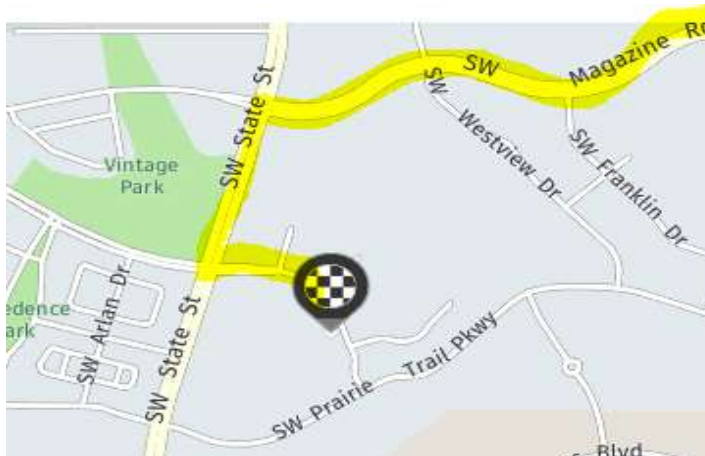
Taco Bar includes 3 choices of meat, soft shells, chips, cheeses, other accompaniments; non-alcoholic drinks; gratuity and tax.

“Cash bar” available.

Reservations to Karen Kilpatrick by Monday, April 30, at [karenkilpatrick@gmail.com](mailto:karenkilpatrick@gmail.com) or 278-4491.

**Please remember that if you make a reservation you are responsible for the cost.**

Checks (made payable to FFGDM) or cash (exact change) will be taken at the door.



## President's Message



Dear Friendship Force Members,

FFGDM has been busy so far this year and no time more than April 15 through May 10. During that period, we have Springfest, FF Regional Conference, Cinco de Maya Party, Kosovo Welcome Reception, Open World delegation from Kosovo, and the Kosovo Farewell Party. Arranging activities is rewarding work, and I thank the many members who consistently come through for the rest of the club. I am especially appreciative of the six members who volunteered to be Day Host/Drivers for the Kosovo Delegation when our driver/van plan fell through.

**Where in the World Is...** Thank you to Mary Marshall who shared her service project to Jamaica. If you have a travel trip to share, send me a description and a few pictures. We'd like to run this feature in ever newsletter.

**Springfest...** We had a great turnout of over 40 people and delicious food; wow, can our members cook! I hope you also enjoyed the speakers who were both delightful. Thanks to all of you who brought guests and make sure to invite them again.

**Journey Matches for 2019...** Unfortunately, the Romania clubs declined the match with our club and FF Connecticut, so we are on the waitlist for an inbound international next year. We've already set the date for the outbound journey to FF Ottawa, Ontario, Canada, and need an Ambassador Coordinator. Since it is Canada and nearby, this would be ideal for a newbie AC. Think about it.

**How to Connect to FFI...** Regional Director, Dale Moore, reminds club members that they can "connect with FFI" by getting on FFI's email mailing list. Here's how to do so:

- Go to the FFI website (any page) and scroll down to the bottom. Members can get connected by submitting their email address in the box. Click subscribe.
- A dialogue box will come up that confirms they are subscribed.
- Click on Manage Your Preferences
- You can then provide additional information about yourself and click on the type(s) of communications you wish to receive.

**New Leadership...** As many of you know, this will be my last year on the Board, after two 3-year terms, and my fourth and final year as President. It will be a great time to develop new and even "new style" leaders and to include new members who can see the organization with fresh eyes and bring fresh ideas. The leadership transition will be a good thing because everything changes and so should our club. The club will be better for it.

In friendship,  
Shelley Bain  
FFGDM President

## Journey News

### CENTRAL VIRGINIA (INBOUND) AUGUST 15 – 20



FF Central Virginia members and friends will visit Des Moines for a 5-night stay that will include the Iowa State Fair.

If you haven't sign up to help and can Home Host, Day Host, or help plan the activities, let me know.

-- Pat Headley, Host Coordinator,  
[guthriep41@yahoo.com](mailto:guthriep41@yahoo.com)

### TAURANGA, NEW ZEALAND (INBOUND) SEPTEMBER 25 - 29



We received the profiles of the 19 (yes, 19!) ambassadors from FF Tauranga. Tauranga is on the Bay of Plenty, one of the most beautiful places on the North Island of New Zealand.

Our visitors land in Des Moines on September 25 for a 4-night stay.

Afterward, they are on to Cedar Rapids, Wichita, and Las Vegas.

We need home hosts for 6 couples, 6 single women, and 1 single man. If you haven't signed up to host or be on the planning committee, please do so because we need you!

-- Shelley Bain, Host Coordinator, [shelleybain@centurylink.net](mailto:shelleybain@centurylink.net)

### PERTH AND AUCKLAND NORTH SHORE (OUTBOUND) OCTOBER 2018

October may seem a long way off, but our ambassadors are looking forward to this journey, many starting the trip in Sydney and ending with a tour of the magical South Island of New Zealand.

It will be a trip of a life time for some and it will be exciting for all of us to visit these incredible countries.

-- Shelley Bain,  
Ambassador Coordinator

### CENTRAL VIRGINIA (OUTBOUND) JUNE 13-18



June 13 is coming up fast. That's when 14 club members will travel to Central Virginia for a 5-night journey. Some ambassadors will drive but most will fly into Charlottesville. We don't know yet who we will stay with or what we will see, but that is the unique part of Friendship

Force journeys. Host names and itinerary will come to us before we leave, though.

There are several members going with us who have never traveled with our club before, we are pleased to have them join us.

- Alice Rasmussen, Ambassador Coordinator

### OTTAWA, ONTARIO, CANADA (OUTBOUND) MAY 14 – 22, 2019

We're traveling to Canada next May, during the Ottawa Tulip Festival. Ottawa is ENE of Toronto, west of Montreal, and north of New York State. You'll have the opportunity in the fall to sign up for this journey but in the meantime, we need an Ambassador Coordinator. Look for further announcements on how you can apply.

## Open World - Kosovo

*In honor of the Kosovo delegation in May and the beautiful brides of June, we're highlighting a wedding tradition of a very traditional area of Kosovo.*



### THE DECORATED BRIDE

In Lubinje, a small, picturesque village of 3500 inhabitants, a few hours from Prishtina, the capital of Kosovo, members of the Trebesh community live in colorful houses. They also have a colorful custom – or rite – of beautifying brides on their wedding day.

As part of their rite every Lubinje bride must have their faces decorated meticulously and exquisitely, while their bodies are covered with five to six layers of traditional handmade costumes and accessories. Following the arduous decoration process, the bride is taken to her husband's house by horse. Her head is covered with a veil to hide her face until she reaches her new home. Once there, the bride stands inside a room flanked by her husband's mother and sister, who attends to the new bride's every need. Meanwhile, the entire village visits to welcome the bride into the community."

The bride's costume, which gives her the appearance of a living doll, protects her from the evil eye, and discourages gossip and speculation.



### OPEN WORLD DELEGATION FROM KOSOVO MAY 4 – 12, 2018



The Republic of Kosovo and the State of Iowa are Sister States and while we are hosting our delegation, over 50 Iowans will be in Kosovo at the invitation of the Iowa Sister States Commission.

The individuals we are hosting are emerging leaders and are in their late-twenties to mid-thirties. You can meet the delegates at the Farewell Dinner on Thursday, May 10, at Bravo restaurant at 6:00 pm. Make your reservation now. The deadline is Friday, May 4.

### RESERVATION FOR THE KOSOVO FAREWELL DINNER

Thursday, May 10, 6 pm

Bravo Italian Cuisine \* 120 South Jordan Creek Pkwy \* West Des Moines  
\$28.00 per person, includes tax and gratuity

Name(s) \_\_\_\_\_ Enclosed \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Make check payable to FFGDM, and mail with this form to Marla Carr, 2121 Timberline Lane, Altoona, IA 50009.

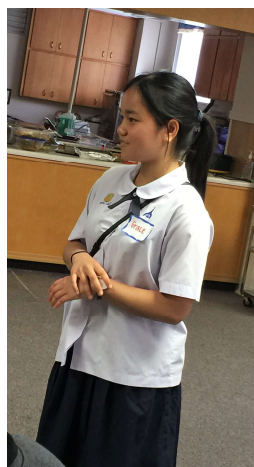


## Club Activities

### MEALS FROM THE HEARTLAND

Seventeen FFGDM members and friends enjoyed packaging meals during our club's community service project for Meals from the Heartland on the morning of March 14. Lunch followed at Cooper's on 5th in West Des Moines. A huge thank you to all who participated: Cathy Jensen, Alice & Ken Rasmussen, Kathy Swift, Carol Grimm and grandson, Virginia Renda, Marilyn Chiodo, Shelley Bain, Janette House, Adrienne Moen, Jada Williams, Devan Williams, John Tone, Cookie Major, Rosemary Fritzjunker, and Yuhua Martens.

*No act of kindness, no matter how small, is ever wasted!*



Although the wind was blowing outside and snow was falling, our club celebrated cozily its annual Springfest Celebration on Sunday, April 15, with a potluck luncheon of an array of delicious food selections and desserts!

Speakers Grace Saelee, a North High School student from Thailand, and Mick McAuliffe, a native Australian and Animal Services Manager at the ARL, enhanced our knowledge

respectively of being a foreign exchange student and animals of the Australian continent.

Mick related that Australia has many of the most deadly snakes in the world but that they hide from people, in fact, most people who suffer snake bites are bitten when trying to kill a snake. Bee stings put twice as many people in the hospital and kill almost as many as snakes.

Upcoming events in the busy months of May and June were also discussed and tables were abuzz with interesting conversation and laughter! Spring is around the corner!



*“The gladdest moment in human life, me thinks, is a departure into unknown lands.”*  
– Sir Richard Burton, English scholar-Explorer



## **FFGDM POTLUCK PICNIC**

Sunday, June 24  
Noon at Grandview Park Shelter  
3230 Easton Boulevard  
near the Bright Grandview Golf Course at  
2401 East 29th Street

Please bring a dish to share. Beverages and  
tableware are provided.

**RSVP, if attending,** to Ginny Renda at  
grpbeats@aol.com by June 22.  
Guests are always welcome!



## **Calling All Creatives or Creative Wannabes for FRIENDSHIP FORCE TREE AT CHRISTKINDLMARKET**

We've signed up to decorate a tree for Christkindlmarket this year  
and we need a committee to design and decorate the tree with an  
international theme. If you attended Christkindlmarket the last two  
years, you know it has improved each year.

The trees are outside so the decorations must be weather tolerant.  
Decorating will take place the day before the event weekend starts,  
Thursday, November 29th, and trees will be available for bidding at  
the beginning of the market on Friday, November 30th. Contact  
Janette at j.house@mediacombb.net to join this fun committee.

## **ALL-IOWA FRIENDSHIP FORCE PICNIC**

Most Friendship Force members have the mind and soul of an explorer. If this is you, join the Friendship Force of  
Central Iowa for the opportunity to explore Ames at the annual All-Iowa Friendship Force Picnic.

Saturday, June 2, 2018  
11:30 am at Brookside Park in Ames

Lunch in the park catered by the legendary Hickory Park Restaurant. / Desserts by FFCI members.

Following lunch and some revelry, there will be an opportunity to choose:

- Explore historic downtown Ames, including shops, the Ames Historical Society, Octagon Art Center gallery,  
perhaps ending at a local brewery or Iowa's first automated wine bar, OR
- Explore the ISU campus for your first time, or to catch up with recent changes; tour the sculpture garden, the  
Grant Wood murals, and maybe more, OR
- Explore Reiman Gardens and the 2018 exhibit Wind, Waves, and Light, featuring 13 kinetic sculptures  
throughout the gardens, OR
- Hike Ada Hayden Heritage Park, Ames' newest park, featuring a wetlands environment and paved walking  
paths with 1.4 mile to 2.8-mile loops.

## Member News



*In Memory  
Linda Robel  
Long-time member*

### DO YOU KNOW **YOU** ARE OUR BEST MEMBERSHIP RECRUITER?

Thank you to the members who bring guests to club activities. Your personal endorsement as a member is our best recruitment tool. Keep thinking of friends and family who may support our mission, travel with us, or participate in our many activities.

If you know people who should received this newsletter, please send their email address to Alice Rasmussen (off4ever@aol.com) who will make sure they receive the newsletter and other information from the club. Also, let her know if you need a membership form for yourself or a friend.



### WHERE IN THE WORLD IS MARY MARSHALL?

Mary has volunteered for several years with Mission Jamaica, a “vacation with a purpose”, primarily with members of her church. The website is <https://www.missionjamaica.org/>.

Mary explains “We stay in an all-inclusive resort for the week on the beach in Montego Bay, Jamaica. We are bussed up into the mountains to work at Westhaven Children's Home, a home for severely handicapped youth and adults. We go to church with them on Sunday and work at the home Monday-Wednesday, the rest of the week is time to relax and reflect on what we have seen and done during the week. Some weeks there may also build a Jabode home or helping at a medical or dental clinic”.

If you would like to join Mary on her next mission, please let her know at [dpmmgm@msn.com](mailto:dpmmgm@msn.com).







## FF REGIONAL CONFERENCE REFLECTIONS

Four Board members attended the FF Regional Conference in Covington, KY, on April 20-22. They made it a road trip - Janette House drove her new Chevy and Shelley Bain, Pat Headley, and Ginny Renda rode along. This was the first regional conference for Janette, Pat, and Ginny; their reflections are below.

**Pat Headley** --- While there was a great deal of emphasis by FFI to recruit younger members, there are still many opportunities for clubs to provide a variety of activities for the members we have now.

FFI described current clubs as being in one of four categories; Growing, Stagnant, Slowly Declining, and Crisis. All are based on membership numbers. It struck me that “Vibrant” might best describe our club, regardless of our membership count. Quality sometimes beats quantity.

Breakout sessions provided opportunities for clubs to share what is going well. I gained lots of ideas, such as small group dinners within our club with perhaps a mix of new members and established ones, provide day, overnight, or week-end trips, develop a mailing list for interested non-members, and creating innovative fundraising events. Other ideas included themed activities, and outdoor activities, such as hiking and biking, or adopt a school projects, and many others. Basically, we can do anything it takes to keep our club “vibrant.”

**Janette House** --- I went to the Conference in Cincinnati with open expectations. I am aware that many of our members do everything that they can to make our Club a success. That same enthusiasm exists in every Club that attended the Conference.

The first session was “Embracing Change” – creating an environment open to change. Suggestions included - try new ways of doing things to get new results; think differently, plan differently, formulate plans differently, try new things, and be more open; make Club activities varied and exciting; consider varying the time and location; get members engaged and be welcoming to guests. These were all suggestions that might benefit every Club.

I also learned that for those travelers who purchase travel insurance, International has available a \$38.00 policy. Check the FFI website for what it covers. Important: always carry the insurance snapshot page with you when you travel.

There was so much information presented by speakers and workshop leaders, it was easy to come home enthused to keep our Club healthy and our members engaged.

**Ginny Renda** --- The theme of the conference was Unlocking the Future of Friendship Force. The goal of the conference was to create a plan for change. To paraphrase a quote from the conference "It is not the strongest of the species that survives, nor the most intelligent, it is those receptive to change."

Some of the suggestions throughout the conference for energizing and growing Friendship Force Clubs included: more non-programmed time for journeys, more authentic cultural events, more people to people events, themed journeys, humanitarian activities, attending training sessions and conferences, learning best practices from other clubs, sharing newsletters, using networking to promote and fill journeys, hosting membership events, reaching out to non-members and other clubs and organizations, use free papers and magazines to promote club activities and new memberships, start global youth activities, adopt a school, have workshops to educate new ambassadors, include some non-members for journeys, allow incoming ambassadors to have wish days, and don't over plan.

As a fairly new member of Friendship Force, I found this conference full of knowledge, insight, and expertise. There were excellent ideas and suggestions of how to grow membership and energize our Friendship Force Club.



I ran across a poem that relates very well to the theme of this conference.

I had an idea just the other night;  
A fantastic idea it was too.  
Magnificent, wonderful, clear, and concise,  
Ingenuously, smart through and through.  
It was just unforgettable, wonderfully bright,  
Immortal and eternal too.  
And once I remember it, then I just might  
Be able to share it with you.

The point of this poem is that while many people have good ideas for solutions to problems, they sometimes fail to share those ideas or act upon them. Consequently, what might have been an ideal solution is lost. The message and content of conference can be summed up by saying sharing ideas with others will result in growth for all.

**Shelley Bain** --- The highlight for me was keynote speaker Bob Herring who wowed us all with his enthusiasm for encouraging Citizen Diplomacy, starting with kindergarten kids. We were ready to join his merry band before he finished his speech. Let's figure out how to bring his enthusiasm and knowledge to Des Moines.

I came home with a few new ideas, usually jotted down while listening to the presenters or the follow up questions, that I hope we can implement. All the participants received a CD of the presentations to share with other members.

We learned a little about the next FFI Conference in July 2019 in Boulder, Colorado. It will be a new kind of international conference, on a college campus, and in our own back yard. Mark your calendar now.

### 2018 FFDGM Board and Committee Chairs

<u>Name and position</u>	<u>Term ends</u>	<u>Email</u>
Shelley Bain - <i>President</i>	2018	shelleybain@centurylink.net
Jerry Carr - <i>Treasurer</i>	2018	Jerry.Carr55@yahoo.com
Marla Carr	2019	marlakcarr@yahoo.com
Carol Corrigan – <i>Scholarship Committee Chair</i>	2019	jecorrigan@msn.com
Jane Escobar – <i>Activities Committee Co-Chair</i>	2019	janeescobar@yahoo.com
Pat Headley	2020	guthriep41@yahoo.com
Janette House - <i>Secretary</i>	2018	j.house@mediacombb.net
Cookie Major – <i>Community Service Coordinator</i>	2020	cookster50@gmail.com
Ginny Renda	2020	grpbeas@aol.com
Karen Kilpatrick – <i>Activities Committee Co-Chair</i>		karenkilpatrick@gmail.com
Alice Rasmussen – <i>Membership Committee Chair</i>		off4ever@aol.com
Adrienne Moen – <i>Nominations Committee Chair</i>		adriennemoen@gmail.com
Alice Rasmussen – <i>Central Virginia Ambassador Coordinator (outbound)</i>		off4ever@aol.com
Pat Headley – <i>FF Central Virginia Host Coordinator (inbound)</i>		guthriep41@yahoo.com
Shelley Bain - <i>FF Tauranga (NZ) Host Coordinator (inbound)</i>		shelleybain@centurylink.net
Shelley Bain – <i>Perth and Auckland Ambassador Coordinator (outbound)</i>		shelleybain@centurylink.net
<i>Open – Christkindlmarket Tree Committee Chair</i>		
<i>Open – FF Ottawa Ambassador Coordinator (outbound)</i>		



## MEMBERSHIP APPLICATION

FFGDM membership dues cover a calendar year, January 1 through December 31.

Mail membership application and check to:  
FFGDM, PO Box 13136, Des Moines, IA 50310

Name(s) \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Individual Membership at \$30	\$
Newsletter mailed at \$12	\$
Contribution*	\$
Total Enclosed	\$

Please check which activities you can participate in. *Check as many as you like.*

- |                                       |  |   |
|---------------------------------------|--|---|
| <input type="checkbox"/> Activities   | <input type="checkbox"/> Community Service | <input type="checkbox"/> Exchange Planning    |
| <input type="checkbox"/> Membership   | <input type="checkbox"/> Fundraising       | <input type="checkbox"/> Exchange Home Host   |
| <input type="checkbox"/> Newsletter   | <input type="checkbox"/> Website           | <input type="checkbox"/> Exchange Day Host    |
| <input type="checkbox"/> Photographer | <input type="checkbox"/> Communications    | <input type="checkbox"/> Exchange Dinner Host |
| <input type="checkbox"/> Other: _____ |  |   |

\* Friendship Force of Greater Des Moines is a 501(c) 3 nonprofit organization.  
Your contribution may be tax deductible to the extent allowed by law.